



THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION  
Waterloo-Wellington Branch  
11 Drew Avenue,  
Cambridge, Ont.  
N1S 3R2

THE WATERLOO-WELLINGTON BRANCH  
of  
THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

invites you to its

ANNUAL MEETING  
(at 7:15 p.m. in the downstairs auditorium)

and invites you to hear guest speaker

DR. PHILLIP A. BRIGHT, M.D.

on the topic

ENVIRONMENTAL ILLNESS

at

ST. PAUL'S UNITED CHURCH AUDITORIUM,  
450 KING ST. EAST, CAMBRIDGE (PRESTON), ONT.  
(Corner of King and Waterloo--Entrance off Waterloo Ave.)

on

TUESDAY, MARCH 20, 1990

at

8:00 p.m.

Dr. Bright is a family physician, practising medicine in Waterloo. This talk will be of interest to people with allergies and illness caused by chemicals in the environment.

DUE TO SENSITIVITIES OF MEMBERS-P L E A S E-NO PERFUME OR AFTERSHAVE

ALL WELCOME-----FREE ADMISSION



## WATERLOO-WELLINGTON BRANCH NEWSLETTER, MARCH, 1990

Dear Members,

Our Meeting in January was very interesting. Helen Boddington showed slides of her work with recycling and waste management. She suggested that we follow the "3 R's" of waste management to help the environment -

REDUCE - Reduce the amount of packaging we buy.

REUSE - Reuse as many packages as possible.

RECYCLE - Packaging that cannot be reused can be recycled. Place steel, glass, aluminum and soft drink containers in your blue box.

Eilleen Yorysh gave us some excellent tips on organic gardening. Spring is just around the corner and it is time to think about starting seeds indoors.

### WHAT IS ORGANIC GARDENING?

Foods organically grown have been grown without the use of any synthetic chemicals such as fertilizers, pesticides, herbicides, and growth regulators but rather through more natural or traditional methods. For example, fruit growers commonly spray fruit trees with chemicals that stimulate growth even though there is evidence such substances cause birth defects. Organically grown fruits and vegetables are free of such chemicals and are also not waxed or dyed. In the case of organic meat and poultry, no drugs or other synthetic chemicals were fed to the animal.

### IS ORGANIC BETTER FOR YOU?

Better for you, for me, and for the earth!

The main reason for organic gardening, as opposed to modern chemical-based farming is that the former replenishes the earth and maintains the soil, while the latter depletes it. Organic food is more nutritious and tastes better. We benefit by eating fewer artificial chemicals as organic food does not undergo chemical processes after being picked. For example, it is estimated that 88% of the tomatoes commercially grown in Florida are picked while green and reddened by exposure to ethylene gas.

**A QUOTABLE QUOTE!** - The Lord gave us two ends - one to sit on, and one to think with. Success depends on which one we use the most!!

#### **HERBICIDES RULED OFF LIMITS IN WELLINGTON SCHOOL YARDS**

Herbicides will not be sprayed on school yards in Wellington County this year, thanks in part to five young environmental activists. Trustees of the board of education approved a trial, a one-year moratorium on herbicide use and struck a committee to study alternative methods of weed control and other environmental concerns.

The decision delighted a small crowd of students and parents who launched a campaign against chemical spraying last summer. The moratorium is only for one year, but it's a start, said Bree Woods, 11, who last June started a petition against herbicide use with four of her friends from Central public school in Guelph.

The five Grade 6 students complained of headaches and nausea the day after their school yard was sprayed with herbicides. They went on to lobby the board with the help of parents, teachers and activists from the Ontario Public Interest Group.

Their main pitch has been that too many chemicals are already dumped into the environment. Weeds can be controlled by innovative methods such as community weed-pulling projects and more frequent mowing, they said.

Like many school boards, Wellington County has been spraying its property with the herbicide 2,4-D and Mecoprop for about 15 years. It has been on the Canadian market for 44 years.

In approving the trial moratorium and the environmental committee, trustees received the enthusiastic support of education director Terry Lynch. "This sort of concern for the environment is a welcome entry into the 1990s," Lynch said.

Trustee Don Ross stated "We can't be hypocritical and continue the use of non-essential pesticides while teaching our students concern for the environment."

Kitchener Record, Jan. 29, 1990

#### **PLEASE ADD TO YOUR SOURCE LIST**

- 1) Zehrs stores on highway 8 & 97 and on King St. Cambridge, have an organic vegetable section. They have carrots, celery, lettuce, broccoli and on occasion potatoes. Please spread the word because they will not continue to supply if there is no demand.

The following are excerpts from a previous newsletter (1984). We felt this should be repeated.

#### Human Ecology in the Schools:

For several years, our Branch has been aware of the problems that environmentally-ill children have within the school system. In our newsletters, we have outlined the causes of these problems in order that parents, teachers, and school boards may be informed. Since it is the environment that is making the children ill, it follows that each schoolroom must be as clean as possible, i.e., free of the allergens and irritants that trigger the reactions in the sensitive child. We must emphasize that while the environmentally-ill are in the minority at present, we may expect that number to increase unless a definite effort is made to reduce the chemical load of the children and the teachers in the schools.

#### What are these allergens/irritants?

Cleaning supplies-waxes, polishes, paints & varnishes, cigarette smoke, air fresheners, magic markers, perfumes, after-shaves, deodorants, fluorescent lights, the propellant (freon), the paints and glues of the Art Room, the chemicals of the Chemistry Lab., the odours of the Tech. Wing, the printer's ink in new textbooks, freshly mimeographed materials, chalk dust, plants (due to the moulds on the soil), live animals, smoke from incinerators, fumes from the heating plant, exhaust fumes from waiting school buses, pesticides, etc.

Since the chemically-laden air is the culprit, exhausting that air from the washrooms, the furnace room, the Tech. wing, the Art room, would vastly improve the overall quality of the air in the rest of the school. There is a need for clean, fresh air in each classroom and windows that open.

We have said it before and we must underscore its importance again, two of the most powerful allergens are perfume and cigarette smoke. Smoking should be prohibited on school property and to forego using perfume and perfumed products would benefit the sensitive children and teachers.

#### CONCLUSION:

Our environmentally-ill children and teachers are our 'canaries-in-the-mines' - they are sounding the alarm. How long must they wait before a positive effort is made to provide good ventilation, to exhaust the fumes and odours, to replace questionable cleaning products and furnishings? It appears that our greatest need is to educate not only our members and their families, but to put pressure on the educators and janitors to "clean up their act," and to start now to eliminate the air pollution within the schools. The future of our children is at stake!

As a component of the infamous defoliant Agent Orange, the Americans used it in Vietnam to waste vast areas of jungle, mostly to provide a stark, open buffer zone around Saigon that would reveal enemy movements.

Because the molecular structure of dioxins makes them extremely toxic and quite resistant to biological breakdown, they linger and accumulate for years in the environment and body tissues.

TCDD in exceptionally minute doses kills guinea pigs. The tiniest amounts cause cancer, birth defects, skin irritation, liver disease and immune system damage in rats.

There is no straightforward way to apply those findings to humans or even from one animal to another. For example, a dose that would kill one hamster would kill 5,000 guinea pigs.

But TCDD is suspected of causing human cancers and birth defects. No "safe" exposure level has been established and environmentalists say there is no margin of safety.

Previous studies have found dioxin traces in many common household items - diapers, sanitary napkins, coffee filters, tea bags, and facial tissues.

But the dioxin problem is not limited to paper. As Canada's more than three dozen pulp and paper mills daily discharge more than 100 tonnes of chlorinated chemical contaminants into waterways, fish, crabs, clams, oysters and other organisms are contaminated and killed.

While the National Dairy Council said this week it will eliminate milk cartons with dioxin traces by next year, the tougher challenge facing industry and government is to change the process that creates the toxins.

The industry is pursuing low and no-chlorine processes but it says no chlorine-free technology exists on a commercial scale that is capable of bleaching pulps to acceptable brightness levels.

- Oct 88 Southam News

#### We have all heard about the rotary diet.

One woman was overheard telling another, yes, I'm on the rotary diet, everytime I turn around "I eat".

#### NOW, A KILLER VACUUM CLEANER

Forget high-definition television. Don't bother waiting for digital audio tape. After years of dazzling us with bright and shiny visions of a high-tech future, the consumer electronics industry has finally come up with something down to earth for the home of today.

Make room in your closet for the Killer Vacuum Cleaner.

Dubbed the Mite Hunter by its creator, Sanyo Fisher Corp., the innocent looking machine is designed to suck up microscopic creatures called dust mites - relatives of the spider that live in your carpet and feed on flakes of dead human skin. Once the pests are collected, the great Mite Hunter incinerates the allergy aggravating beasts with a blast of hot air.

- Toronto Star 01/90

## Ben Wicks



"I'm doing my bit to save the environment. I'm eating more humans!"

Contributors: Gwen Davis  
Mabel Fisher  
Nora Schallhorn  
Anne Schreiter  
Cathy Stock

Editor: Nora Schallhorn

Meeting Notice: Muriel Miller

Typists: Cheryl Napper  
Harriet Speropoulos

A good old Pennsylvania Dutch Recipe!  
**CHICKEN CORN SOUP (HINKELWELSHKANNSUPP)**

1 STEWING CHICKEN      8 EARS OF CORN  
2 HARD BOILED EGGS      SALT      1 ONION  
RIVELS PEPPER      CHOPPED PARSLEY

Cut up chicken and put in pot with 3 quarts of water, add 1 Onion, 1 Tbsp. salt and  $\frac{1}{4}$  Tsp. pepper and stew until tender. Remove the chicken, cut meat into 1 inch pieces, return to broth with corn cut from ears. Make rivels by combining  $1\frac{1}{2}$  cups flour, a little salt & 1 beaten egg. Mix together with fingers to form crumbs. Add these to broth and boil for 15 minutes more. Drop in the chopped hard-boiled eggs and parsley.

This is a great favorite in the Dutch country. At family reunions, Church and Fire Company picnics, while the corn season lasts, gallons and gallons are simmered in big iron kettles.

Costenoga Crafts  
SET 19 GETTYSBURG, PA.

### Benefits of portable classrooms

- 1) Electric heat
- 2) Away from the main school and from the larger amount of allergens /irritants.

### Negative aspects

- 1) Large windows are not in use as it would be too cold for the students.
- 2) Exhaust fans in the classroom are very noisy and cannot be used often because the teacher cannot be heard.

**Summary:** There should be a source of fresh heated air and quiet exhaust fans and the portable classrooms should be checked before dismissal time to observe the stuffy atmosphere.

While the Waterloo County Board of Education has made great strides in establishing two "Ecology classrooms" in the primary schools and two such classrooms in secondary schools, there has not been anything done toward searching out and using cleaning products that will not fill the schools with chemical fumes.

---

Did you hear about the comedian who immigrated to North America? He visited a supermarket, he saw milk powder --- just add water to get milk, he saw orange juice powder --- just add water to get orange juice, then, he saw baby powder and thought- WHAT A COUNTRY!!!!!!

---

### WHITE IS NEW DIRTY WORD

- one purveyor of laundry detergent a dozen years ago made the dubious claim that its product would make shirts and sheets "whiter than white."

It exploited the deeply ingrained perception that white - whether snow, shirts or skin color- is pure, clean and somehow better.

The disquieting revelation this week that milk and cream from cardboard cartons contain the most toxic cancer-causing chemical in existence is a direct result of that value system.

Wood pulp is naturally brown and if left unbleached, looks like paper grocery bags. To meet consumer demand for white paper products, the industry uses a chlorine process to bleach the pulp. The snag is that dioxins and furans, an extremely toxic family of more than 200 related chlorinated compounds, are inadvertently produced during chlorine bleaching.

One variety, 2,3,7,8,-tetrachlorodibenzo-p-dioxin (TCDD), is the most toxic synthetic chemical known.

- 2) Queens Square Deli, Cambridge - sugar beet syrup - can be used in place of cane sugar if tolerated.
- 3) Pure cotton shopping bags - you can buy these at Zehrs and the health food stores.

Add TO YOUR LIBRARY LIST

- 1) A tape (beta) copied from a program on "Speaking Out" on asthma by Susan Daglish of the Allergy Information Association and Dr. Jerry Dolovich from McMaster Medical Centre.

Our library of books and tapes are at the home of Gwen Davis, 97 Glenmorris St. Cambridge (G), Ontario N1S2Y8. 519-621-5077.

WATCH YOUR TV GUIDE!

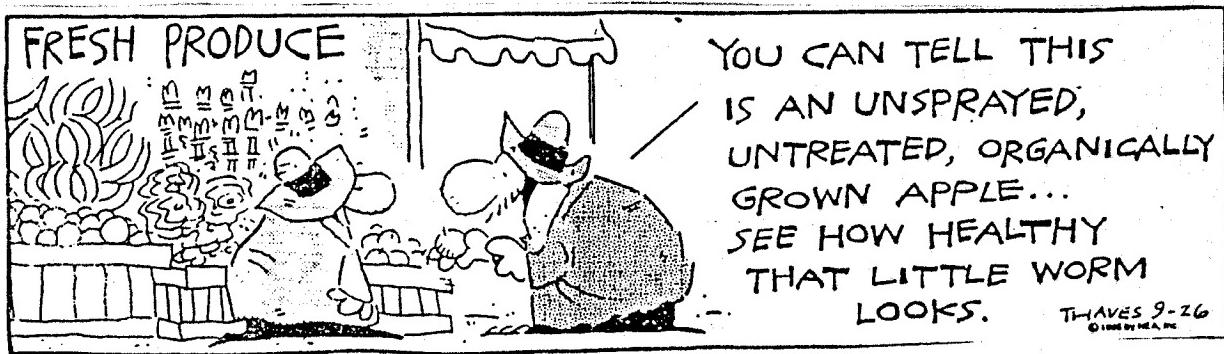
We have had excellent programs on TV on asthma, illness from new carpets and tins sealed with lead - how to tell if food tins are sealed with lead, pull back just a very small bit of the label on the tin and if there is a very dark streak at the top of the seam, it's been sealed with lead. If a tin has a rounded bottom, (like some soup cans) it has no seam, and therefore is safe from lead.

FUND RAISING

Confusing Addresses - We have had calls and letters asking if the Waterloo/Wellington Branch of the Allergy and Environmental Health Association of Ontario has changed. The Waterloo/Wellington branch address is the same - 11 Drew Ave, Cambridge, Ontario, N1S3R2. The confusion still exists because there are two offices in Cambridge. The Provincial office (Head Office) for Ontario is at 10 George St. N. Cambridge, Ont.

We are required to raise money from our branch - our funds are raised by:

- 1) Selling Oktoberfest tickets as we did last year.
- 2) Saving Zehrs tapes - please keep saving them, you can bring them to a meeting or mail them to: Mrs Cathy Stock, 280 Blue Heron Ridge, Cambridge, Ontario. N3H 3G7.
- 3) Making donations to the Waterloo/Wellington Branch. Please help us meet our obligation as we are committed to raise our share. Donations may be sent to the Waterloo/Wellington Branch. 11 Drew Ave. Cambridge, Ontario. N1S3R2. Donations are tax creditable, and receipts will be issued. Thank you.



### HERBS REQUIRE SUNNY AREA!

Herbs are defined in Webster's dictionary as "any seed plant whose stem withers away to the ground after each season's growth and which is used as a medicine, seasoning or food."

From such a definition you may gather that there are thousands of herbs. And there are - from numerous weeds in woodlots to cultivated favourites.

Cultivated herb seeds are found in the seed catalogues and in many stores that carry vegetable seeds.

These grow very well in poor soil, but need a sunny location. If you have such a corner on your property, plant some herbs. They will be much more aromatic.

The cultivated herbs are divided into three groups:

- (a) annuals, such as summer savory, sweet basil and marjoram.
- (b) biennials such as parsley and caraway.
- (c) perennials such as thyme, rosemary, chives, oregano, camomile, comfrey, horseradish and mints.

Biennials grow one year and flower the next. They are, therefore, leafy the first year and seedy the next.

Perennials will either survive our winter or must be potted indoors.

Herbs may be frozen or dried. To freeze, cut the leaves into small pieces. Place into ice cube trays and add water. When frozen transfer the cubes into labelled bags.

Herbs may be dried by hanging them upside down in a warm dry location. When brittle, rub the leaves off the stems and store in glass jars in a dark place. Herbs may also be dried in a 150 degree oven, but watch them carefully as they may burn if left too long. During the summer use the herbs fresh.